

Mon 28 August Bank Holiday		Tuesday 29 August		Wed 30 August		Thurs 31 August			Fri 1 Sept		
AM	Zumba	Pilates Stretch Flow	Pilates		Express FTF	Express Pilates Ball	Pilates		FTF	Pilates on Ball	
	9.30 - 10.25	10.30 - 11.30	9.15 - 10.10		9.30 - 10.20	10.30 - 11.20	9.30-10.30		9.00-9.45	9.55 - 10.45	
	St Andrews	St Andrews	St Andrews		St Andrews	St Andrews	St Andrews		St Andrews	St Andrews	
	Marie Jo	Ruth	Ruth		Jane	Jane	Jane		Wendy	Jane	
PM	Bank Hol Special	Bank Hol Special									
EVE			Cardio Core		Restorative Yoga		Pilates	Yoga	Cardio Core		
			7.30 - 8.30		7.15 - 8.15		6.30-7.30	7.15 - 8.15	7.30 - 8.30		
			Coldfall		Coldfall		Coldfall	St Andrews	Coldfall		
		Emmanuel		Vikki		Matt	Vikki	Emmanuel			
Saturday 2 Sept				Sunday 3 Sept				www.jcwfitness.co.uk			
AM	Pilates Stretch Flow	Dance Fit T	Pilates	Pilates Yoga Flow							
	9.30 - 10.30	10.15-11.15	11.30-12.30	10.00 - 11.00							
	St Andrews	Coldfall	Coldfall	Coldfall							
	Becki	Jane	Jane	Melanie							
	Summer Special										
<i>Non-JCW Fitness guests welcome at our Summer Specials (£10 drop in)</i>											